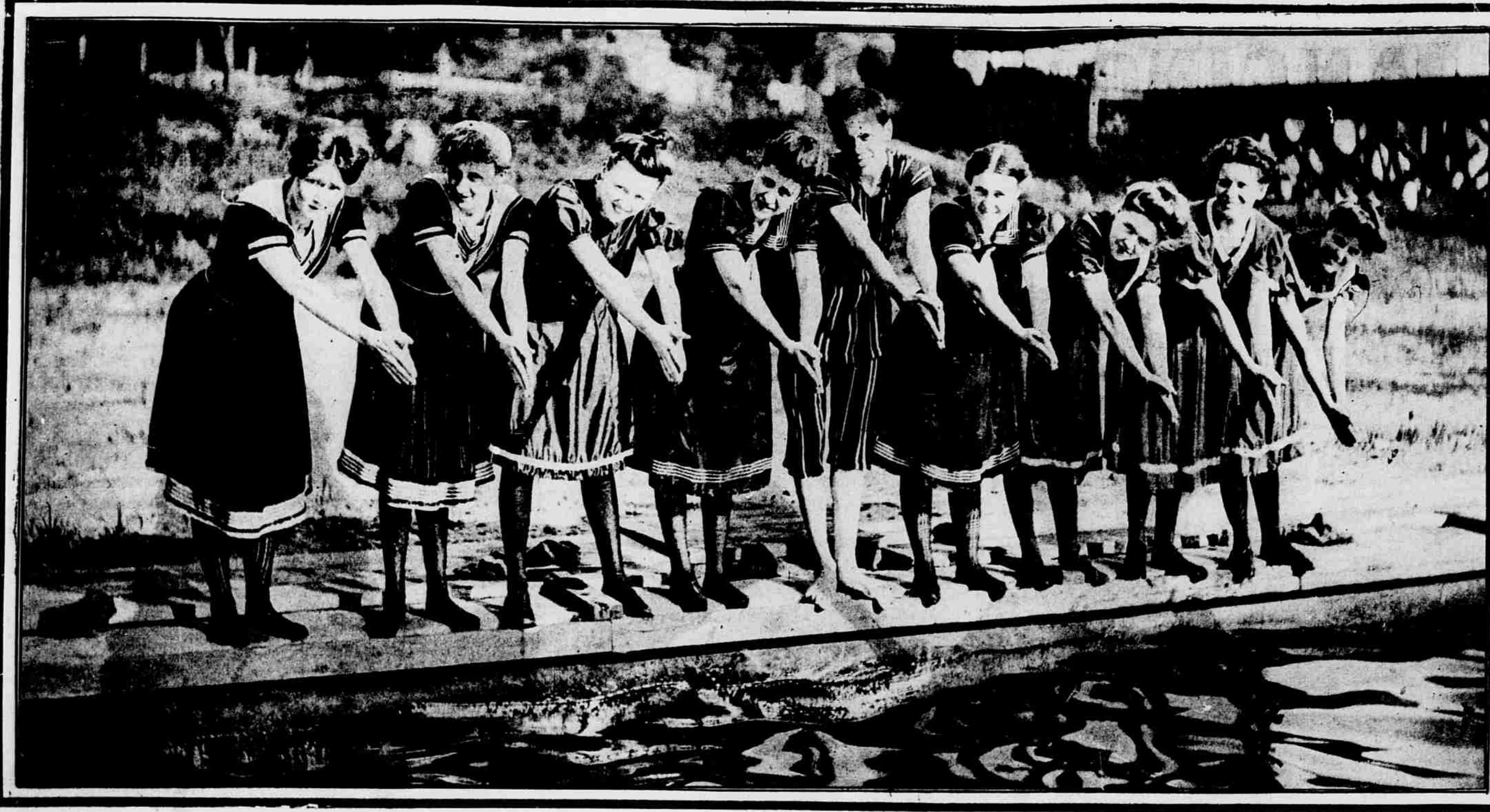


READY FOR THE PLUNGE

A Group of St. Louis Bathers
at the Piasa Chautauqua.



READING FROM LEFT TO RIGHT, THEY ARE THE MISSES YOCUM, NOBLE, RETALIC, LOUISE SCOTT, MR. GEORGE M. BURBACH, MARTHA SCOTT, VERA STEEN, ANNIE ANDERS AND GEORGIA STEEN.

SUMMER RELIEF FOR FADED COMPLEXIONS: By MARION MARTINEAU.

WRITTEN FOR THE SUNDAY REPUBLIC.

They used to have a way in the South of restoring color to faded cheeks.

The girl who had been out late nights until she was pale was bidden to put bloom into her cheeks.

Accompanied by her mammy and under her stern command, she was made to take a rough towel in her hand and rub her cheeks vigorously.

At least seventy-five good scrubbing with a crash towel were required to bring the roses back, and if the rubbings were sometimes hard enough to take off the skin, why, there was nothing to be done except to let the face heal again.

The system, while undoubtedly effective for the moment, for the cheeks of the girls certainly glowed like the poppy, was very injurious in the long run, and too often the Southern woman found her cheeks mottled and her nose flanked with red veins and red spots before she was fit.

Hard rubbing with a coarse towel should never be permitted by any woman. She should not do it herself nor should she allow her maids to do it for her.

The skin should always be handled delicately and prettily and daintily. In washing the face it would be well for one to imagine that one were washing the bloom upon a peach, and that at a little rough treatment the skin would come off, hopelessly destroying the bloom forever.

For the skin of a girl is very like unto the skin of a peach. There is the delicate, velvety outside, and there is the inner skin and the delicate layer wherein lies the coloring matter. Once break through this and you cause disfigurement.

The days of rubbing the cheeks vigorously are happily over, and the girl or woman who finds herself hopelessly pale can find salvation in some remedy that will restore the color without injury to the skin.

The stage favorite, if you question her, will point to the rouge pot. For her stage work she requires a very high color and she is compelled to put on the high lights with no sparing hand. "But," she will say to you, "I do not rouge for the parlor. I never wear rouge when I go in society."

"But how do you keep your color and your complexion?" you ask.

"By taking care of my skin," she will tell you.

And she does know how to take care of her skin. If too pale she will cover her face with hot water, which she will apply, not upon a washcloth or with a sponge, but with the whole hand. She will fill a basin with tepid water and into it she will put a dash of salt water to give the trace of alcohol. And then she will add a pinch of borax. Now comes the face baptism, which will be long and thorough.

COLD SALT AND WATER.

There are women who can use cold salt and water upon the face with splendid results. But it is well to experiment slowly. There was a certain woman, a reader of this column, whose face was like parchment. There were hundreds of little lines in it. She had tried many things, but none seemed to agree with her. Then she tried cold salt and water. She "doused" her face with it, putting it on once every day of her life. In a little while her skin grew pure and pink and fresh. It needed this certain tonic.

But there are a great many people who cannot stand the salt-water cure, and there are many skins that would be made muddy by it, but all can take the hot-water dip. And it is the most effective of all remedies. After the hot-water dip the face should be dried and then well creamed. The cream should be a smooth skin food, containing no glycerin and having no astringent qualities. The object is to open the pores, not to close them.

Then comes the hot-water treatment with good soap. And afterwards the face will be pink and pretty and will show the trace of roses.

Those who are troubled with open pores, and so many are afflicted in this manner, can wash the face with lukewarm water made milky with a few drops of benzoin. This will make the face feel very smooth and will contract the pores of the skin and gradually close them.

How to Stimulate the Skin and Make It Glow Prettily—Lotions and Creams that Soften the Pores—Age Is No Bar to a Clear Cuticle.



THE SOCIETY POSE.

Those whose pores are very open, indeed, can apply a benzoinated cold cream, which will gradually tend to close them. This is very easy to make and if preferred one can use for convenience a benzoinated vaseline, which is very good indeed for the skin.

Many women fear to use cold cream upon the skin for fear of making the hair grow. But this is an unnecessary fear. A good, well-made cold cream will not make the hair grow. It will nourish the skin, but will not add blemishes to it.

TO TREAT SUPERFLUOUS HAIR. If, however, the hair does begin to grow, and if it threatens to become heavy, it is time to go at it. Do not wait until the down growth has had time to become thick and prominent. Now is the best time to treat it.

For the first appearance of down upon the cheeks a beauty specialist advises the use of pure peroxide of hydrogen with a few drops of ammonia added. "The peroxide," says she, "will bleach the hair and make it much less conspicuous. This is specially recommended to dark-haired women with a light growth of dark hair upon the face.

"The ammonia," says she, "is to kill the



A SLIGHT PINCH STIMULATES THE SKIN.



APPLY A BLEACHING LOTION TO THE NECK WITH THE FINGER TIPS.



THIS ACTS LIKE AN ELECTRIC CURRENT UPON THE ARMS.

hair. Added to the peroxide it is deadly poison to the hair and will gradually injure the roots and destroy their constitution. Three drops of ammonia added to half a cup of pure peroxide and applied liberally to the down upon the cheek will work wonders."

After a woman's face has been made smooth and pretty she begins to think about color. And for the pale-skinned lassie there are several remedies outside the rouge pot. Though there is a great deal to be said in favor of a dash of rouge.

Rouge is no longer considered bad form. A very little is a good thing, so the beauty professors will tell you. But it is one of those matters for a woman to arbitrate. She must consult her family and her conscience, and all must agree upon the matter. "I wear hairpins and I employ various other subtleties. Then why shall I not use a tiny little bit of rouge?" asks a society woman and church member.

The answer is almost obvious. Rouge requires very careful handling. And it had been overdone so often that women of delicacy hesitate about putting it on the face. It is one of those things that must be taken as carefully as one takes one's pepper and salt, and to use a little too much spoils everything.

STIMULATING THE SKIN.

The pinching method of reddening the cheeks is much employed abroad. Yet one ought not to make this assertion so broadly. The more pinching of the cheeks will make them painful and will not redden them for more than a few minutes at a time. They will be black and blue next day. Many a woman has utterly spoiled her cheeks by pinching them into color.

But there is such a thing as stimulating the skin. This can be best done by electricity. A sponge passed over the cheeks with a low current will excite the blood vessels and make dull, anemic cheeks glow prettily. There is nothing that approaches the electric roller or the electric sponge in the making of red cheeks. But for the woman with electricity at her control there is no excuse for being pale.

The woman who has not the electric current can work in another way, but she must do it very carefully. She can use a system of massage which is employed in London and which is partly responsible for the wonderful color of the English women.

English women owe their color to their grooming. They owe it to advanced physical culture treatment, and they owe it to their mode of life.

The English woman drinks tea instead of coffee. She eats warm breads, tea biscuits and vegetables. She dines largely upon cooked greens and she eats, not heavy dishes of meat, but light ones of vegetables and cereals. This is a valuable lesson for the woman who is looking for a complexion.

Then the English woman walks in the rain and lets it beat on her countenance. She lives much out of doors and she never bundles up. She sits in a well-ventilated room and her life is spent in the pure air. And, then, if she be ambitious to be a society beauty, she treats her skin intelligently.

THE VERY PRETTIEST GLOW. If your cheeks are pale you should try the new massage, which is something like a pinching process, but is very tender and delicate. You should heat the skin well with hot water and you should then take it gently between the thumb and forefinger and delicately pinch it. Do not give real pinches, but only the lightest and most caressing touches.

Going over the cheeks very daintily with the thumb and forefinger, after one has heated the face with hot water, will stimulate the skin so that it will show the very prettiest glow. It will take the place of the electric current and it will bring color where there was no color before.

The neck and arms that are yellowed can be stimulated in the same manner and one can make one's skin all glowing as though an electric sponge had been passed over it.